

1005150681

Canada's health minister gives up smoking and announces meeting of health officers on smoking and health.

NEWS-FREE PRESS
Chattanooga, Tenn.
June 20, 1963

Canada's Health Minister Gives Up Smoking

OTTAWA (AP)—Giving up smoking, says Canada's health minister Judy La Marsh, has its good moments and its bad.

"I feel better now when I wake up in the morning," she said. "But the rest of the day is awful."

A three-pack-a-day girl for 20 years, Miss La Marsh began her abstinence last Saturday and showed no sign of weakening by today.

She took the step, she said, because she accepts the argument of a linkage between smoking and disease and felt she could not continue to smoke while advocating that others give it up.

Miss La Marsh has indicated the government will sponsor a conference in September with the likely aim of

publicizing information designed to discourage youngsters from smoking.

As for her own stop-smoking campaign, "I thought it would be agony all the time," she said. "But it's only when you reach for a cigarette—you have to say 'not that one' and do that from cigarette to cigarette."

Other members of parliament aren't helping any.

"They've been sending me packages of cigarettes or envelopes with a cigarette inside," she reported. "When I leave the chamber, they offer me a place to smoke or remark that I'm sneaking out for a smoke."

And what does Prime Minister Lester B. Pearson—who must consider the tobacco tax revenue and tobacco workers' votes—think of her abstinence?

"He told me it was the best thing I could do," she said. "He gave them up five years ago."

DISPATCH
St. Paul, Minn.
June 19, 1963

1005150681A

Giving Up Smoking Good, Bad and Awful

OTTAWA —(AP)— Giving up smoking, says Canada's health minister Judy La Marsh, has its good moments and its bad.

"I feel better now when I wake up in the morning," she said. "But the rest of the day is awful."

A three-pack-a-day girl for 20 years, Miss La Marsh began her abstinence last Saturday and showed no sign of weakening by today.

She took the step, she said, because she accepts the argument of a linkage between smoking and disease and felt she could not continue to smoke while advocating that others give it up.

Miss La Marsh has indicated the government will sponsor a conference in September with the likely aim of publicizing information designed to discourage youngsters from smoking.

As for her own stop-smoking campaign, "I thought it would be agony all the time," she said. "But it's only when you reach for a cigarette—you have to say 'not that one' and

do that from cigaret to cigaret."

Other members of parliament aren't helping any.

"They've been sending me packages of cigarettes or envelopes with a cigaret inside," she reported. "When I leave the chamber, they offer me a place to smoke or remark that I'm sneaking out for a smoke."

And what does Prime Minister Lester B. Pearson—who must consider the tobacco tax revenue and tobacco workers' votes—think of her abstinence?

"He told me it was the best thing I could do," she said. "He gave them up five years ago."

TIMES-DISPATCH
Richmond, Va.
June 20, 1963

Health Official Quits Smoking

OTTAWA —(AP)— Giving up smoking, says Canada's health minister Judy La Marsh, has its good moments and its bad.

"I feel better now when I wake up in the morning," she said. "But the rest of the day is awful."

A three-pack-a-day girl for 20 years, Miss La Marsh began her abstinence last Saturday and showed no sign of weakening by Wednesday.

She took the step, she said, because she accepts the argument of a linkage between smoking and disease and felt she could not continue to smoke while advocating that others give it up.

MISS LA MARSH has indicated the government will sponsor a conference in September

with the likely aim of publicizing information designed to discourage youngsters from smoking.

As for her own stop-smoking campaign, "I thought it would be agony all the time," she said. "But it's only when you reach for a cigarette—you have to say 'not that one' and

do that from cigaret to cigaret."

Other members of parliament aren't helping any.

"They've been sending me packages of cigarettes or envelopes with a cigaret inside," she reported. "When I leave the chamber, they offer me a place to smoke or remark that I'm sneaking out for a smoke."

And what does Prime Minister Lester B. Pearson—who must consider the tobacco tax revenue and tobacco workers' votes—think of her abstinence?

THE NEW YORK TIMES
New York, N.Y.
June 18, 1963

Canadian Leader Plans Anti-Cigarette Drive

Special to The New York Times

OTTAWA, June 17—Canada's health minister gave up smoking today and promised a program to curtail or eliminate the consumption of cigarettes as a "health hazard."

Julia Verlyn LaMarsh, the 38-year-old Minister of Health and Welfare, said she smoked two packs of king-sized filter cigarettes a day before she decided to quit as an example for the nation.

At the urging of the Canadian Medical Association, Miss LaMarsh said she would call a conference of provincial ministers of health and representatives of health agencies and the tobacco industry to discuss the anti-cigarette campaign.

Miss LaMarsh said she was impressed by evidence that smoking contributed to lung cancer and might also cause chronic bronchitis and coronary heart disease.

1005150681B

1005150681C